



Knee Protocol

The following exercises are common for treatment of knee pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Quad Sets** – Sit with legs straight, tighten your thigh muscles. Hold for 5 seconds. (3 sets of 10 reps per side)
2. **Straight Leg Raises** – Lie on your back, lift one leg straight up. (3 sets of 10 reps per side)
3. **Heel Slides** – Lie down, slide your heel toward your butt. (3 sets of 10 reps per side)
4. **Mini Squats** – Perform a shallow squat with feet hip-width apart. (3 sets of 10 reps)
5. **Wall Sits** – Hold a seated position against a wall. Hold for 20 seconds. (3 sets)
6. **Seated Knee Extensions** – Sit and extend one leg straight. (3 sets of 10 reps per side)
7. **Hamstring Curls** – Stand, bend one knee to bring your heel toward your glutes. (3 sets of 10 reps per side)
8. **Calf Raises** – Rise onto your toes, lower slowly. (3 sets of 10 reps)
9. **Terminal Knee Extensions (Band)** – Attach a band behind your knee, straighten your leg. (3 sets of 10 reps per side)
10. **Step-Ups** – Step onto a sturdy platform. (3 sets of 10 reps per side)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.